THE GENERAL METHOD OF INOCULATION,

AS IT IS

Now practiſed with great Succeſs,

IN THE

Counties of KENT and SUSSEX.

Diſcovered to the meaneſt Capacity,

In a LETTER to a FRIEND,

By a LOVER of MANKIND.

To which are added,

DIRECTIONS for PREPARING ſome excellent Family Medicines.

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Printed, and ſold by J. COOKE, at the Shakeſpear's-Head, in Pater-noſter Row. 1767.

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THE GENERAL METHOD, OF INOCULATION.

Weald of Kent, March 14. 1767.

DEAR SIR,

BEING ſenſible of the many Obligations, which your repeated Favours have laid me under, I readily comply with the Requeſt you make, of giving you a plain and full Account of the preſent Method of Inoculation, as practiſed by the moſt eminent Performers, in Kent and Suſſex, with amazing Succeſs.

Laſt Summer an eminent Operator, came out of Eſſex to Maidſtone; a large Market Town in this County, where the Small Pox had raged with great Violence for ſome Time.

Soon after his coming, many of the Inhabitants ſubmitted to Inoculation, to avoid

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the natural Small Pox, and went through it very ſafely. This encouraged others, both there, and in the Neighbouring Pariſhes, to do the ſame; ſo that his Practice increaſed daily, and in a few Weeks ſpread itſelf into Suſſex.

The extenſive Practice, and great Succeſs of this Operator; and above all, the vaſt Sums of Money which he daily received, ſoon ſtirred up ſeveral Gentlemen of the Faculty and others, to attempt Inoculation. They generally began with giving it to a company gratis, and then followed his Example, in gaining all they could by it; ſo that at preſent, there are at leaſt a Dozen or Fifteen different Operators in this County and Suſſex: and two, I am informed have lately ſet out for Exeter; where they will meet with fewer to ſhare the Profits with them, and have a better Opportunity of enriching themſelves, at the Expence of the Publick.

But as I am well aſſured, this is not the Motive, which induced you to enquire into this Affair; but only that you might go ſafely through the Diſorder, and have a better Opportunity of doing Good: I ſhall ſo lay open the whole Myſtery, that you may ſafely become Operator to yourſelf, your Family, or whoever you pleaſe: and as many of the poor cannot pay for the Medicines or Operation, who are yet in great danger of Infection, you will doubtleſs aſſiſt theſe firſt.

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The general Method of Inoculation, as now practiſed, is as follows.

THE firſt Thing noticed is the Quantity and Quality of Food which the Patients make uſe of; and in this the Operators generally agree; ordering them all to abſtain wholly from Fleſh, Fiſh, Cheeſe, Butter, Eggs, Pepper and all Spices; from every Kind of Spirituous Liquors, whether mixed or raw, which deſtroy more than the Plague; from Wine, Cyder, and all Malt Liquors: and to live upon Water Gruel, thin Milk Porridge, ſkimmed Milk, weak green Tea, or Coffee, with dry Toaſt, dry Bread, or ordinary Cake; Honey and Bread, or dry Bread and Water only, for Breakfaſt; which laſt is preferred to any other Fare, by all who can or will ſubmit to it.

For Dinner, they are allowed Plain or Plumb Pudding, or light Dumplings, with a Sauce of boiled Flour and Water, and a little Vinegar, ſweetned with Sugar, or Honey; Rice Pudding, Apple Pudding, or Pye, Rice Milk, roaſted Potatoes, or Turnips with Salt; and any kind of Fruits, Greens, or Roots out of the Kitchin Garden, except on the Phyſical Days. For Drink they uſe Water with a Toaſt in it, Milk and Water, Lemon and Water, or Imperial Water.

For Supper, the ſame as in the Morning; but it is counted beſt to go to Bed without any.

This Regimen has been ſtrictly adhered to, by moſt of the Patients, from the

the Time they began the Preparation, till the Diſorder was quite over: but now, ſome of them are permitted to take Fleſh, and Malt Liquors, when the Pock is out; only at firſt, in a ſparing Manner. Many of the Operators, prepare a Week, before they Inoculate; others Inoculate firſt, and immediately begin the preparation as above. Which of theſe Methods is beſt, Experience muſt determine; but in each of them, the following Medicine, is generally adminiſtered.

Ten Grains of Calomel, and two Grains of Factitious Cinnabar, or Æthiop's Mineral, well mixed together, with the Point of a Knife, and put in a little Jelly; the Pulp of a roaſted Apple; or, which is the beſt Way, made up into two or three Pills, with a few Crumbs of Bread moiſtened; are given to Perſons of a ſtrong Conſtitution, or groſs Habit of Body, from ſixteen to fifty or ſixty Years of Age.

It is hardly judged ſafe to give theſe Powders to Infants (tho' ſome of the Operators do it) for theſe therefore, a Dram of Manna, diſſolved in warm Milk or Water, is ordered for eight or ten Days together; unleſs when a Nurſe who gives ſuck is prepared, which is deemed ſufficient; but ſome Children from one to five or ſix Years old, take from one Grain to two and a half of the Powders; from ſix to ten, four Grains; from ten to ſixteen, ſix Grains, as their Conſtitutions will bear: which Rule is always to be carefully obſerved, with reſpect to grown perſons alſo. Thoſe above ſixty,

take ſix or eight Grains, according to their Strength, and Manner of Living. Such as take theſe Powders, ſhould not ſuffer them to touch their Teeth or Gums, which is eaſily prevented when they are made into Pills.

The firſt Doſe of Powders is taken at Night, when the Patient is going to Bed, which ſuppoſe to be Wedneſday Night; on Thurſday Morning, he takes one Ounce of Glaubers Salts, diſſolved in a Tea Cup of warm Water; drinking freely afterwards of thin Water Gruel, Cheeſe Whey, or weak Green Tea, till he has had at leaſt ſix or eight Stools in ſo many Hours: On Friday Night, he takes another Doſe of Powders; on Saturday Morning the Salts: On Sunday Night a third Doſe, with Salts on Monday Morning as before. If the Powders ſhould be vomitted up again immediately, then he takes the Salts as ſoon as the Sickneſs is over: Or if one Ounce of Salts does not Purge briſkly enough to carry off the Powders, then more are taken, to the Quantity of two or three Ounces, if needful. This is done to prevent a Salivation, which very rarely happens, if the Salts work freely, and the Patient avoids catching Cold; but if it ſhould, which may be eaſily known, by Soreneſs of the Gums, Looſeneſs of the Teeth, and an Inclination to Spitting; half an Ounce of Flour of Brimſtone in a little warm Milk, repeatedly taken, is an effectual remedy.

When the Salts purge violently, then the Patient is ordered to reſt a Day or two more, between the Doſes.

Some of the Operators give a leſs Quantity of Powders, than others: One, ſeldom above ſix Grains in either the firſt or ſecond Doſe, and ten or twelve in the laſt; others make no Difference, but give an equal Quantity in all their Doſes, whether they prepare before Inoculation or after it.

The Patient being free from a Fever, which is carefully obſerved, the Operation is thus performed.

A Perſon with the Eruption upon him, when the Diſorder is near its Height, is brought into the Room, where the Patient is; the Operator having opened a Puſtule on the Perſon infected, takes out ſome of the Matter on the Point of his Lancet; and then raiſes up the Cuticle or outer Skin on the Arm of the Patient, between his Elbow and Shoulder in two Places, ſo as juſt to make the Blood appear; leaving ſome of the Matter in each of the Inciſions, without applying either Plaiſter or Bandage. Others carry the Matter in a ſmall Glaſs Phial, and perform the Operation as above. The Matter ſhould always be taken from the moſt healthy Perſon, that can be met with, and from the mildeſt Sort of Pock.

The Effect it has, is known ſometimes in a few Hours, by ſharp Pains darting up to the Shoulder, a Shivering through the Body, a red Tumour on the Arm, or a ſmall Riſing where the Matter was applied. In others theſe Symptoms, are two or three Days before they come on; but in this Time, the Operators generally pretend to fore-

foretell with ſome Certainty, what will be the Event of the Operation : If the Diſcoloration round the Places of Inciſion be very large, then they ſay the Eruption will be but ſmall : if on the contrary it is ſmall ; they then Order Pills and Salts to be plentifully adminiſtered, becauſe they expect a large Eruption.

In eight or nine Days the Parts infected frequently riſe up with a larger Tumour, and ſeveral little red Puſtules appear around them : the Arms continue ſwelled and ſtiff, with Pains in the Head and Back, a Shivering, and ſometimes a Fever : then other Puſtules are thrown out on different Parts of the Body ; which in a few Days are filled with thick white Matter, this ſhews the Diſorder to be at its Height.

At this Period, ſome of the Operators order a fourth Doſe of Powders ; but the moſt ſucceſsful, give only the three firſt Doſes ; though they all agree in giving one Doſe of Salts now, and two or three more afterwards, at a Weeks Diſtance from each other ; and in adviſing their Patients to be moderate in Diet : but as many Perſons pay no Regard to ſuch Advice, they are frequently troubled with Colds, Fevers, and other Diſorders, which are likely to terminate in Conſumptions and Death.

If the Patient has none of the above Symptoms, by the ſixth or ſeventh Day after the Operation, it is then performed again, ſometimes on the ſame Arm or on the other, juſt as the Operator thinks proper ; but always in freſh Places.

After three or four ſuch Operations, if no Tumour, or other Symptoms appear, the Operator then concludes that the Perſon has had the Diſorder; or looks upon him to be paſt Infection by his Art, and ſends him among ſuch as have the Diſorder in the moſt malignant Manner; that he may if poſſible catch it in the natural Way: at the ſame time he aſſures him, that if he has it *now*, it will be very ſlightly, as his Body is prepared; or if it ſhould even fall heavy on him at firſt, yet the REPELLENT PILL, is generally found ſufficient to prevent its dreadful Conſequences. This Pill is made as follows.

Take ten Grains of Camphor pounded in a Mortar, with a few Drops of Spirits of Wine; to which add twenty Grains of the beſt Succotrine Aloes, and Ten Grains of Kerme's Mineral: after theſe Ingredients are well pounded together, the Maſs is made into four Pills of Ten Grains each. One of theſe is given about the fourth or fifth Night after Inoculation, and the next Morning Salts ſufficient to carry it off. If the Patient is of a groſs Habit, or ſtrong Conſtitution, or has lived high, he takes two more the Sixth Night, and ſometimes the Fourth, a Night or two after, with Salts as before.* Theſe Pills, the Operators ſay, carry off the offending Matter, which cauſes ſo great an Eruption in groſs Bodies; ſo that the Num-

* Some of the Operators, omit the Aloes in the Compoſition of theſe Pills, and others give no Salts after them; but many of them, conſtantly give the Salts, as they ſuppoſe the Pills do not Operate ſufficiently without them.

ber of Puſtules is leſſened, and the Confluence of them thereby prevented. To ſuch as have the Diſorder in the natural Way, they are adminiſtered with remarkable Succeſs, and are doubtleſs a very valuable Compoſition; but moſt of thoſe who are inoculated take only the Powders and Salts: theſe alone being generally ſufficient, both for Preparation and every other Purpoſe.

If while the Pock is breeding, the Fever is violent, or likely to be ſo; a Mixture by ſome called Punch is given to the Patients. This is made by boiling a Pint of Oats, in four Pints of Water, till they are ready to burſt; having ſtrained off the Liquor, then add one Ounce of Salt Petre, and make it Palatable with Sugar or Honey, and a little Lemon Juice or Cream of Tartar. Others put three Ounces of the Syrup of Violets, and one Ounce of ſtibiated Nitre, inſtead of the Sugar and Salt Petre: Half a Pint is taken at the firſt Draught, when the Patient is going to Bed; and afterwards as much as he pleaſes. This Mixture is to abate and carry off the Fever.

When the Patients take the Powders, they are ordered to tye a Handkerchief about their Heads, and carefully avoid catching Cold; but on the intermediate Days, they attend their Buſineſs as uſual; and after the Inoculation are frequently ſeen at Work, either in their Shops, or abroad in the Fields: nay ſome of them hardly ever ſtay within Doors at all, but follow their Work, during the whole Time of the

Operation. They are indeed cautioned not to exerciſe themſelves till they ſweat; for this is judged to be very prejudicial, and dangerous, except only when the Pock is juſt coming out.

Such as go to the Hoſpitals, are ſent to walk in the open Air almoſt from Morning to Night, unleſs when they take Phyſick. They are allowed very little Fire; and if they go near it, the Operators, or Women who attend there, threaten to put it out, or ſet open all the Doors and Windows. I have been informed that at one great Hoſpital in Suſſex, the Patients were obliged to riſe early, though covered with ſweat, and go out in the Froſt and Snow; and had the Doors locked after them.

How far ſuch Methods are juſtifiable, I leave others to determine, but one thing is remarkable, that out of ſeveral hundreds, who were inoculated in Suſſex in the Depth of Winter, I do not hear that one Perſon miſcarried under the Operation: yet many complain of violent Colds, which they ſuppoſe were caught by going out.

Thoſe who uſe moderate Exerciſe, and ſtrictly obſerve all the foregoing Directions, harldly ever fail of having the Diſorder in the moſt favourable Manner, many of them not having twenty Puſtules in all; ſome few, from Twenty to an Hundred, or more on different Parts of the Body: others only a few on the Arm, near the Parts inoculated, and ſeveral, only the Places where the Inciſion was made for Inoculation.

Theſe laſt, have been generally ſuppoſed to be as ſafe from Infection as any who have had the Diſorder more fully: but a real Matter of Fact has lately proved the contrary; for four or five Patients, in one Company, who were all looked upon to be very ſafe; in waſhing themſelves, drank freely of Punch, and lived high after their return home, which brought it out in a violent Manner; ſo that one, if not more, was in imminent Danger.

The Reaſons given by the Operator for this uncommon Accident, are, 1ſt. Their hard Drinking, all the Time of the Operation; as well as at the Concluſion. 2dly. Their being inoculated from a Perſon, whoſe Pock was not *fully Ripe*, which made the Infection longer before it took Effect, the Matter being crude, and therefore weaker: but how this agrees with the Practice of many Operators, who chuſe the Matter in its crude State, as being the moſt proper for Infection, I ſhall leave him and others to determine.

When the Diſorder is at its Height, the Matter dries up in a few Days, and nothing is left but dry Scabs, which fall off ſoon after, and ſeldom leave any Scars behind.

Patients who go to Hoſpitals, at their leaving them, are ordered by ſome of the Operators, to waſh all their Bodies in warm Water, and their Heads in Brandy and Water, and to change all their Cloathes; others ſend them to a ſecond Houſe to Air, before they

they go home; to prevent their giving the Infection to those who have not had it: but many Performers use no such Precautions; and the Generality of Patients act as if they thought there was no Danger at all, of doing this; or else were careless whether they did it or not: for nothing is more common, than to meet them on the Highways, in the Streets, or Fields, while the Pock is coming out, at its Height, or before the Pustules are in the least dried up or healed.

Thus many of them go about, daily *scattering Firebrands, Arrows and Death*, among their fellow Creatures, to the Destruction of some, and Terror of others: for several by this Means, have caught the Disorder and died of it. How such Offenders can be Guiltless of their Death, is what I cannot determine; but it may be, they did not think of it, or else they were *only in Sport*.

This Evil calls loudly for Redress; as it is productive of such dreadful Consequences, tends to the Disgrace of the Present Method, and shews an amazing Want of common Sense, common Honesty, and common Humanity in all, who through Neglect, Carelessness, or Design, are guilty of it.

The above Directions and Observations, fully discover the general Method made use of in this County, and in Sussex: Yet I am not ignorant, that some of the Operators,

differ

differ a little from it in ſome Particulars; But this ſeems to be done, more for Diſtinction's Sake, than any thing elſe; that each of them may induce his Patients, and the Publick, to believe that *he* is the beſt, if not the only right Performer; that *he alone* follows the great Man's Method: and conſequently that the Patients of all the reſt are in imminent Danger; but what this Danger is, and how it may be avoided, not one of them has told us yet; nor do we expect they ever will.

A late Author very ſtrongly recommends Calomel as a very uſeful Purgative, where the Blood and Juices are in a vitiated State; to be adminiſtered as follows. Take of Calomel, finely prepared, twenty Grains; Camphor, ten Grains, diſſolved in a few Drops of Spirits of Wine, Conſerve of Roſes, one Dram, mix and make them into two Boluſes, take one at going to Bed; and work it off next Morning with the following Infuſion. Take Sena Leaves a Quarter of an Ounce, Caraway Seeds bruiſed a Spoonful, boiling Water half a Pint, and let them infuſe all Night by the Fire, in the Morning ſtrain off the Liquor, and add three Ounces of the Syrup of Buckthorn; then drink a third Part of it, or more if requiſite to make it purge briskly; the other Bolus may be taken when needful.

This is alſo deemed good againſt the Leproſy, Worms, Cutaneous Eruptions, &c. and is much uſed in that too faſhionable

Diſ-

Diſtemper called, *Lues Venerea*, which many of the Town Ladies are frequently troubled withal. *Whoſe End, is bitter as Wormwood, ſharp as a two-edged Sword. Whoſe Feet go down to Death: and whoſe Steps take hold on Hell.* Whoſe *Houſe is the Way to Hell, going down to the Chambers of Death.* He that followeth them *goeth like an Ox to the Slaughter, or as a Fool to the Correction of the Stocks.*

The following are Directions for compounding ſome excellent Family Medicines, for both Inward and Outward Complaints, which I doubt not but you will gladly receive, and make a proper Uſe of.

1. If you take half a Pint of rectified Spirits of Wine, one Ounce of Benjamin, one Ounce of purified Storax, a Quarter of an Ounce of the Balſam of Tolou, the ſame Quantity of Frankincenſe, two Scruples of Succotrine Aloes, two Drams of Angelica Root; mix, and ſtop them up cloſe in a Bottle for a few Days; you will have a Balſam that differs not in Colour, Smell, Taſte, or Operation, from Fryar's or Turlington's, and which will coſt you at a Druggiſts, about eighteen Pence, or two Shillings.

2. To make an Eſſence like Ward's. Take half a Pint of Spirits of Wine, half an Ounce of Roch Allum in fine Powder, one Ounce of Camphor, one Dram of the Eſſence of Lemons, one Ounce of ſtrong Voletile Spirits of Sal Ammoniack, and keep them cloſe ſtopt up in a Bottle. This is an excellent

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Preparation for Pains in the Head, or other Parts of the Body; If a few Drops are repeatedly applied, and rubbed in with the Hand on the Part effected, it ſeldom fails of giving immediate Relief.

3. The following Remedy is preſcribed by Dr. Bates for violent Fits of the Stone or Gravel; applied outwardly it gives eaſe in the moſt racking Pains of the Gout; and taken inwardly, often procures a Releaſe from Pain, when all Things elſe have failed.

Take Caſtile Soap, half an Ounce, Opium, two Drams, Saffron, half a Dram, and Spirits of Wine half a Pint, let them ſtand together ten or twelve Days, and then ſtrain off the Liquid. The Doſe is from Twenty to Fifty Drops, in any warm Liquor at going to Bed.

4. Take Jalap, Cream of Tartar, Sena, Ginger, and Salt of Steel dried till it is white, of each one Pound, a Quarter of an Ounce of Cloves; let the Ingredients be finely Powdered, well mixed together, and kept in a Glaſs Bottle cloſe ſtopt. The Doſe is a Teaſpoonful for a grown Perſon, in Syrup of Orange Peel, or Treacle, Morning and Evening, guarding againſt Cold. This is a very uſeful Compoſition for Infants, who are ſubject to Coſtiveneſs, Chin-cough, Convulſions, Gripings, Worms, Green Stools, Eruptions, &c. and for Adults in the Dropſy, Cholick, Scurvey, Obſtructions, to which the Sex are ſubject, when ſhort Breathed, &c.

5. Take of Olive Oil, half a Pint, Bees Wax four Ounces, and Roſin two Ounces; Venice

Turpentine one Ounce; melt them gently over the Fire, and you have what is called the Yellow Basilicum Ointment, much used in dressing Wounds, for digesting and cleansing them, and is justly esteemed, for that Purpose.

6. Take half a Pint of Rape Oil, three Ounces of white Lead, one Ounce and a half of Bees Wax, and one Dram of Diachilon: boil the Lead and Oil together, till the Mixture looks brown, and the lead all wasted, when the fierce Heat is over, add the rest. This is called the brown Ointment and is used with the Former, for sore Legs. It is good for Strains, Inflamations, Bruises, Cuts, &c. &c.

7. To make Turner's Cerate. Take fresh May Butter, and yellow Wax of each half a Pound; Olive Oil half a Pint, and six Ounces of Lapis Calaminaris levigated: first melt the Wax and Butter, then add the Lapis and Oil, stirring it well till it is cold.

This is generally used by Surgeons for healing any kind of Sores, Ulcers, &c.

Make and preserve the above, for the use of your Poor and Industrious Neighbours; For, GOD *is not Unrighteous to forget your Work, and Labour of Love.* — For thus saith the LORD, *Blessed is he that considereth the Poor* (or Weak, or Sick) *the* LORD *will deliver him in the Time of Trouble.*

I am, dear Sir,

Your much obliged

Friend and Servant,

HOSTIS MONOPOLARUM.